

Practice Improvement Protocol 11

Evidence-Based Practice



**Developed by the
Arizona Department of Health Services
Division of Behavioral Health Services**

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**ARIZONA DEPARTMENT OF HEALTH SERVICES
DIVISION OF BEHAVIORAL HEALTH SERVICE**

**Practice Improvement Protocol
Evidence-Based Practice**

Issue

The Arizona Department of Health Services/Division of Behavioral Health Services recognizes and endorses the application of certain behavioral health interventions.

Purpose

The purpose of this practice improvement protocol is to identify those approaches, treatments and modalities that ADHS/DBHS recognizes and endorses for use by behavioral health providers delivering services in the public behavioral health system. The attached list is not intended to be comprehensive nor does ADHS/DBHS mandate that Regional Behavioral Health Authorities and behavioral health providers strictly adhere and restrict treatment approaches to the evidenced-based practices identified.

Definitions

Evidence-based practice means an intervention that is an integration of research evidence, clinical expertise and patient values. Evidence-based practice intervention is a balance of three essential components: the best science-based evidence; the skill and judgment of health professionals; and the unique needs, concerns and preferences of the person receiving services. Evidence-based practices are not intended to be automatically and uniformly applied, but instead considered as a combination of all three factors.

Protocol

In addition to the Practice Guidelines and Performance Improvement Protocols listed on the ADHS/DBHS Website, the following evidence-based practices are also encouraged by ADHS:

- Assertive Community Treatment
- Multi-systemic Therapy
- Functional Family Therapy
- Dialectical Behavior Therapy
- Motivational Interviewing
- Cognitive Behavioral Therapy
- Supported Employment
- Independent Housing with Supports
- Family Psychoeducation
- Supportive Housing
- Therapeutic Foster Care
- Relapse Prevention
- Brief Intervention for Alcohol Abuse/Dependence
- Family Systems
- Solution Focused Brief Therapy
- Multi-dimensional Family Therapy for Adolescents
- Emotionally Focused Therapy for Couples
- Community Reinforcement Approach
- Behavioral Marital Therapy
- Motivational Enhancement Therapy
- Social Skills Training
- Naltrexone
- Opiate Replacement Therapies
- Behavior Contracting
- Texas Medication Algorithm
- Wrap Around Service